



The Texas

School Health Bulletin

Volume 7, Issue 1

Department of State Health Services (DSHS) - Child Health and Safety Group

April 2007

www.dshs.state.tx.us/schoolhealth

Introducing the New DSHS Commissioner

David L. Lakey, M.D., Commissioner

Texas Department of State Health Services (DSHS)



With a staff of 11,500 and an annual budget of \$2.5 billion, Dr. Lakey oversees programs such as disease prevention and bioterrorism preparedness, family and community health services, environmental and consumer safety, regulatory programs and mental health and substance abuse prevention and treatment programs. The School Health Program falls under the disease prevention section.

Dr. Lakey became Commissioner on January 2, 2007. Prior to becoming Commissioner, Dr. Lakey served as an associate professor of medicine, chief of the Division of Clinical Infectious Disease and medical director of the Center for Pulmonary and Infectious Disease Control at the University of Texas Health Center in Tyler. He had been a faculty member there since 1998.

He earned a Bachelor of Science in chemistry, graduating with high honors from Rose-Hulman Institute of Technology in Terre Haute, Indiana, and received his medical degree with honors from Indiana University School of Medicine. Dr. Lakey was a resident in internal medicine and pediatric medicine and completed a fellowship in adult and pediatric infectious disease at Vanderbilt University Medical Center in Nashville, Tennessee. He is board certified in pediatrics, internal medicine, infectious disease and pediatric infectious disease.

Awards for Excellence in Texas School Health 2006 Winners Honored

Winners of the 2006 *Awards for Excellence in Texas School Health* were recognized at the Annual Texas School Health Association Conference Awards Banquet on January 26, 2007 in Austin at the Airport Hilton Hotel.

This annual, state-wide program, now in its 17th year, is sponsored by the Texas Department of State Health Services (DSHS), School Health Program and funded by the Texas Health Institute (THI) and the Texas Pediatric Society Foundation (TPSF).



Robin Harvel, R.N., School Nurse at Ft. Sam Houston Elementary in San Antonio gives assignments for her award-winning program "School Health Helpers."

Inside...

Letter From the Editor	2
Recognizing One of Our Own	2
Advisory Committee	3
Introducing.	4
Call For Applications: 2007 Awards For Excellence In Texas School Health	5
Awards for Excellence in Texas School Health - 2006 Winners Honored	6
The Texas Health Institute	7
Texas Association of School Based Health Centers: 2007 Annual Conference Wrap-up	7
School Health Announcements.	8
Click It! For On-Line Resources	11
Winners of the How To Be Healthy For A Lifetime Poster Contest	12
School Nurse Week.	14
Idea Catcher Corner	15
2007 Health Observances and Recognition Days	16

Letter From the Editor . . .

It's almost the end of the school year and, it seems like time has just flown by with not enough of it left to complete year-end tasks. Finalizing lesson plan goals, TAKS responsibilities, year-end record keeping, and planning for next year, are part of this busy season.

The DSHS School Health Program staff works throughout the school year to support you by providing new and emerging school health education/services information and resources. It is important that we stay one step ahead of changing laws and policies, so we can be ready when you are.



At the heart of all school health resources is the Program's Web site at www.dshs.state.tx.us/schoolhealth/default.shtm. In the 16 months since the marketing campaign was started, hits on the School Health Web site have increased 183.7%.

The Texas School Health Advisory Committee has now met four times with future meetings planned for April 23rd, June 18th, September 17th and Nov. 12th. They have set goals and objectives and are developing a work plan. Visit their Web site at www.dshs.state.tx.us/schoolhealth/shadvise.shtm for all the latest information approved by the committee.

Now that Nancy Eichner has joined our staff, focus on support for school based health centers (SBHC) has increased. New relationships with potential supporting partners is one focus on which Nancy will be working as well as updating rules on DSHS funded SBHCs must follow once funds have been awarded.

With Summer break coming up for most of you, we hope to see you back in the Fall when the October issue is published with news and emerging information you can use. Articles for the Bulletin are always welcome. Email me at ellen.kelsey@dshs.state.tx.us with ideas!

Regards,

A handwritten signature in cursive script that reads "Ellen Kelsey".

Ellen Kelsey, Information Specialist
School Health Program, Child Health and Safety Group

Recognizing One of Our Own

Every once in a while we are privileged to know about a member of the School Health Program family who is honored, recognized or simply performed "remarkably" through work or private life. In this case, we'd like to recognize a member of the School Health Network.

Kelly Cline, School Health Specialist for Education Service Center Region 4 in Houston was one of 11 Houston area women spotlighted in the October 2006 issue of **Health and Fitness Sports Magazine** as women who balance raising kids, managing jobs and staying fit. In the article, Kelly talks about the importance of fitness and "walking the talk" when she first became a School Health Specialist. It's that kind of dedication that provides a strong foundation for her work as a School Health Specialists, a good role model for her two young daughters and a supportive partner for her husband.

Congratulations on this special recognition, Kelly! ★



Texas School Health Advisory Committee

The Texas Department of State Health Services (DSHS) is pleased to announce the formation of the Texas School Health Advisory Committee (TSHAC.)

A comprehensive school health education bill passed during the 2005, 79th legislative session, included the establishment of a state-level School Health Advisory TSHAC at the Department of State Health Services (DSHS). The purpose of the Committee was to provide assistance to the State Health Services Council in establishing a leadership role for DSHS in the support and delivery of coordinated school health programs and school health services. The establishment of this committee adds another dimension to the systematic dissemination of coordinated school health programming and school health services throughout Texas.

The TSHAC is in the process of finalizing their draft vision, goals and objectives listed here based on their mission, or "purpose," as stated in the 2005 statute. Visit the TSHAC Web page at www.dshs.state.tx.us/schoolhealth/shadvise.shtm for a list of future meeting dates, a link to the upcoming meeting agenda and access to minutes from prior meetings.

Vision:

We the TSHAC envision healthier Texans through coordinated school health.

Goals:

- A**ctive leadership
- B**est practices identification and dissemination
- C**oordinated School Health (CSH) promotion

Objectives:

1. Identify local needs, interests, and resources
2. Facilitate interagency coordination
3. Become and remain current with state and national legislation and trends
4. Contribute timely and appropriate content to DSHS School Health Program Web site on a regular basis
5. Provide regional SHAC list-serves with info and resources for statewide distribution to local SHACS
6. Promote communication and collaboration among stakeholders
7. Assess and translate child health research data into CSH practice issues and provide to stakeholders.

The individuals listed here have been appointed to serve as members of the TSHAC. Member terms of office began with their first meeting on October 16, 2006. Subsequent meetings were held on December 11, January 24, 2007 and March 5.

Appointed Members:

Tracy Biediger, M.D.
Rhonda Carr, R.D., L.D., CDE
Robert Conlon, Ph. D., LP
Dian Cooper, M.Ed.
Carey Dabney, B.A.
Courtney Felder Dodd, M.S.
Kimberly Avila Edwards, M.D.,

Asst. Presiding Officer

Cathy Harris, R.N., B.S.N.
Robin Harvel, R.N., B.S.N.
Jan Hungate, M.Ed.
Kelly Reed, M.P.H.
Dora Rivas, R.D., L.D., M.S.
Linda Seewald, M.S.
Yolanda Taylor, M.D.
Jane Tustin, R.N., M.S.N.,

Presiding Officer

Required Members:

Marissa Rathbone, Director
Health and Physical Education
Texas Education Agency
Elvia Andarza, R.D., M.S.,
Nutrition Coordinator
Texas Department of Agriculture
Anita Wheeler, R.N., B.S.N., CPN,
Coordinator, School Health Program
TX Dept. State Health Services

TSHAC Staff Contact:

Ellen Kelsey, Information Specialist
School Health Program
TX Dept. State Health Services

Cassity Gutierrez, M.S.

School Health Specialist
Region 20 Education Service Center

Cassity has been with Region 20 Education Service Center in San Antonio for the last 5 months and is not only the specialist for School Health but also for the McKinney Vento Homeless Program. As Health Specialist, she provides health education resources and technical assistance to over 75 school districts in her service area.

Cassity has a B.S. in Community Health Education from Iowa State University and a M.S. in secondary education from Texas A&M Corpus Christi. She is married and has a beautiful one-year-old daughter named Ana Sofia; who, according to Cassity, "is absolutely wonderful!"

Before coming to the service center, Cassity was the Health Education Coordinator at the University of Texas in San Antonio. Prior to that, she was a Vocational Rehabilitation Case Manager in Europe!

Cassity's interest in running and outdoor activities will be a positive force for her health education work in Region 20 schools.

Jo Ann Eudy, RN, BSN,

School Health Specialist
Region 16 Education Service Center

Jo Ann began working as a School Nurse with the School Health Program at Region 16 in Amarillo in August, 2004. She assumed the role of School Health Specialist, August, 2006 working with 63 school districts and one charter school. In her role as School Health Specialist, JoAnn coordinates the Abstinence, Diabetes, HIV Prevention and the School Health Education programs and coordinates and/or presents workshops to support them. She takes pride in knowing that participants are using the workshop information and/or skills to promote optimum health and educational opportunities for students in their districts.

Jo Ann holds a Bachelor of Science in Nursing degree from West Texas A & M University in Canyon, TX. Most recently she worked for seven years in Early Childhood Intervention as a Service Coordinator, mentor, trainer and Team Leader. Her nursing experiences includes newborn nursery, geriatrics, neurology and orthopedics as well as nursing student mentor. Her work as a resource for School Health related issues is not only personally rewarding to Jo Ann, but will benefit the many school nurses and other school district personnel in her service area with whom she will be working.

Nancy Eichner, MUP

Program Specialist for School Based Health Centers, School Health Program
Department of State Health Services

We are pleased to introduce the newest member of the DSHS School Health Program team. Nancy Eichner, the Program Specialist for School-Based Health Centers, will be managing the contracts for the 6 existing centers here in Texas. She will also be supporting contracts for the School Health Specialists in the 20 Regional offices of the Education Service Centers.

Nancy comes to us from the Center for Health and Health Care in Schools located at George Washington University in Washington, D.C. where she worked for the last 9 years with school-based health centers and school health initiatives.

Nancy developed and managed the grant programs and the Center's web site (www.healthinschools.org) by overseeing content development and authoring web publications. Nancy's experience also includes developing, implementing and evaluating survey and research projects, and developing materials for specific markets. She has expertise in childhood obesity, dental and mental health issues, needs of disabled children and alcohol and substance abuse. This comprehensive knowledge supports her role in fostering the growth of school-based health centers and makes her a perfect match for her new role here in the School Health Program at DSHS.

Roina I. Baquera-Shaw, MS, CSCS, NSCA-CPT

School Health Specialist
Education Service Center, Region 19

Roina joined Education Service Center, Region 19 in El Paso in September 2006 as the Program Manager for School Health and Safe and Drug Free Schools and Communities. In her role as School Health Specialist, she provides districts with health education resources and technical assistance.

Roina received her B.S. and M.S. in Kinesiology from the University of Texas at El Paso, has been married for 13 years to Wayne Shaw, has a beautiful 10 year old daughter named Cydney Rose and two very spoiled miniature Schnauzers!

Before coming to the service center, Roina taught health and physical education at Eastwood Knolls School in El Paso for 13 years where she also served as Department Chair,

Introducing. . .

CATCH Champion, and worked on a number of committees. During her 15-year teaching career she received many honors such as the 1997-1998 Eastwood Knolls Teacher of the Year, CATCH Champion of the Year and Physical Education Program of the Year; and served on various state and national committees and boards of related professional organizations.

Although Roina greatly misses the day-to-day interaction with her students, she looks forward to forming new relationships with districts and community health organizations in her new role through the School Health Network.

It is her goal to provide quality assistance and training on all school health related issues and challenges to make a difference in the health of the children and the entire community.

Susan Graham,

Health Specialist and Consultant
Region 14, Education Service Center
Abilene, Texas

Susan joined the service center in July 2006. She not only serves as the School Health Specialist but also works with teacher certification issues, serves as the component liaison for accountability and conducts school board trainings. Before joining Region 14, Susan was Superintendent of Schools for Stamford ISD and has 32 years of experience in education. Susan received her B.S.Ed. and her M.Ed. from Abilene Christian University. She is TEA Mid-Management certified, has her TEA Superintendent certification and is a member of the Texas Association of School Administrators.

Region 14 serves approximately 42,000 students in 42 school districts covering 13 counties all over West Texas. Susan's vast experience over many years as a school administrator makes her uniquely qualified to promote coordinated school health education and services to teachers and administrators and a great asset to the School Health Network. ★

Call For Applications: 2007 Awards For Excellence In Texas School Health

Application deadline: May 11, 2007

Awards for Excellence in Texas School Health gives public recognition and cash awards to schools and/or school districts for promoting positive health behaviors in students. This program, now in its 17th year, is funded by the Texas Health Institute and the Texas Pediatric Society Foundation and sponsored by the School Health Program of the Department of State Health Services.

Twelve (12) cash awards totaling nearly \$14,000 for programs implemented during the 2006-07 and/or 2007-08 school year will be awarded. Presentation of awards will take place at the Texas School Health Association Conference Awards Banquet on January 25, 2008, in San Antonio at the Airport Hilton Hotel.

Applications and additional information can be accessed by visiting the DSHS School Health Program Web site at www.dshs.state.tx.us/schoolhealth/awards.shtml or contact Ellen Kelsey, Information Specialist with the School Health Program at ellen.kelsey@dshs.state.tx.us or 512-458-7111, ext. 2140. ★



2006 Awards for Excellence Winning Program
J. S. Gillett Intermediate School
"No Child's Wellness Left Behind"

Awards for Excellence in Texas School Health - 2006 Winners Honored

This year, Texas Health Institute awarded eight programs which *“recognize and promote effective school health programs and initiatives that strive to continually improve the lifelong health of students, staff and the greater school community.”*

The winners are:

Excellence Awards:	Outstanding Awards:	Vanguard Awards: (Previous Winners)
1. Little Cypress-Mauriceville CISD “Minding the Business of Health” Susan Bayliss, R.N., Coordinator	1. Belton ISD “Walk Across Texas” Pat Sleeth, R.N., Coordinator	1. Waxahachie ISD “Give The Gift That Keeps On Giving” Kris Rencher, R.N., Coordinator
2. Ft. Sam Houston Elementary “School Health Helper” Robin Harvel, R.N., Coordinator Ft. Sam Houston ISD	2. Jacksonville ISD “Family Walk Night – Family Fitness Event” Jamie Maddox, R.N., Coordinator	2. Rose Shaw Special Emphasis School “Healthy Bodies - Healthy Minds” Nelda Silva, Coordinator Corpus Christi ISD
3. Timmerman Elementary “School Based Flu Mist Clinic” Diane Spellings, R.N., Coordinator Pflugerville ISD	3. Lampasas ISD “STEPS to a Healthier You” Jamie Jones, R.N., Coordinator	

The Texas Pediatric Society Foundation recognized four programs with Achievement Awards for success in reducing obesity in adolescents by promoting and implementing nutrition and physical activity programs.



The programs are:

- | | |
|---|--|
| 1. Little Cypress Mauriceville CISD
“Minding the Business of Health: CATCH on to Healthy Behaviors”
Susan Bayliss, R.N., Coordinator | 3. J. S. Gillett Intermediate School
“No Child’s Wellness Left Behind”
Pat Hayes, Coordinator
Kingsville ISD |
| 2. Cannon Elementary School
“Cannon Roadrunners”
Susan Molle, R.N., Coordinator
Grapevine/Colleyville ISD | 4. Sterling City Elementary School
“Getting Into the Zone with Fitness and Nutrition”
Amanda Krejci, Coordinator
Sterling City ISD |

Cash awards totaling \$10,000 were presented to the eleven winners for implementing successful programs during the 2005-2006 school year. Winners also received a School “Winner” Banner and a framed certificate.

Descriptions of the winning program initiatives and contacts for each award winning school, are

posted on the School Health Program Web site.

The 2007 Awards for Excellence in Texas School Health applications are also now available to download at: www.dshs.state.tx.us/schoolhealth/awards.shtm.

This year’s deadline to submit an application for consideration is Friday, April 27, 2007. ★

For more information contact Ellen Kelsey, School Health Program Information Specialist at ellen.kelsey@dshs.state.tx.us or phone 512-458-7111, ext. 2140.



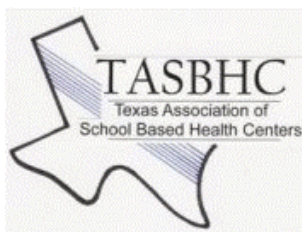
Note: The Awards for Excellence in Texas School Health program is now funded by the Texas Health Institute who recently merged with long time funder; Texas Health Foundation. The following is information about our new partner.

The Texas Health Institute (THI), formerly the Texas Institute for Health Policy Research and the Texas Health Foundation, is a nonpartisan, nonprofit organization which develops health policy solutions to Texas health environmental issues. In order to create a vision of improved future healthcare systems, THI examined these issues and their impact on Texas communities by hosting unbiased health policy forums that facilitated dialogue among policymakers and healthcare stakeholders. THI also served as a think tank providing evidence-based, innovative, and collaborative approaches for organization to improve the health of all citizens.

In early 2005, the Texas Institute for Health Policy Research and the Texas Health Foundation began discussions about merging the two organizations. The two organizations have similar missions and objectives: *Improve the health of Texans*. Both organizations agreed to explore a formal merger.

In the fall of 2005, an agreement was sent to both boards for action and on December 1, 2006 the merger became official. The Texas Institute for Health Policy Research and the Texas Health Foundation became the **Texas Health Institute**. ★

Texas Association of School Based Health Centers 2007 Annual Conference Wrap-up



The Texas Association of School-Based Health Centers held their 11th annual conference in Austin (Feb. 22-24, 2007.) This year's conference **"Healthy Children...Our Commitment"**

was dedicated to expanding the issues and challenges of school-based health centers across the state. The pre-conference topic was centered on how to start a school based health center. Conference breakout session topics were led by professionals that were experts in their fields.

The Texas Association of School-Based Health Center conference was both informative and impressive. Presenters were aware of the challenges of starting, sustaining, growing, and advocating for school based health centers; and, they had a good understanding of the limitations

that the professional organization has without the legislative assistance and backing. Although great strides have been made in legislative efforts both federally and at the state level, the future of funding both at the national and state levels is still an issue. However, as an outshoot of the conference, many great new voices came forward to assist the organization. Conference participants that provide quality health care on school campuses showed great interest in the future of the organization. After all, school success and good health are inextricably linked and community health and education partnerships are key to student success.

The Texas Association of School-Based Health Centers thanks everyone for their continued loyal support at this year's annual conference and looks forward to the conference in Houston on February 29 & March 1, 2008. ★

School Health Announcements

Free materials offer information on CHIP/Children's Medicaid

The Texas Health and Human Services Commission has free English/Spanish materials promoting CHIP and Children's Medicaid, two programs that provide healthcare coverage for low-income Texas families that cannot afford health insurance for their children. Posters, brochures and other promotional pieces are available to order at www.CHIPmedicaid.org/cbo/outreach.htm. A family's enrollment fee for CHIP is based on income, which is sometimes free of charge. The program covers pre-existing conditions and offers a choice of doctors and services including dental.

For more on Children's Medicaid or CHIP, or to download an application, visit www.CHIPmedicaid.org.

To start an application over the phone, call 1-877-KIDS-NOW (1-877-543-7669). Operators speak English and Spanish and are available Monday through Friday, 8 a.m. to 8 p.m. Central Time. If you know families that are already enrolled in CHIP, remind them of additional benefits to be sure they are taking advantage

of all that is offered, and to renew coverage every six months by calling 1-800-KIDS-NOW.

Nutrition Policy Updates for Square Meals Program in Texas Public Schools – Effective Immediately

The Texas Department of Agriculture (TDA) presents the revisions to the Texas Public School Nutrition Policy (TPSNP). It includes a four-year implementation schedule, the 2007-08 updated policy and all revisions for school years 2008-09 and 2009-10. These documents will help schools prepare for the changes ahead and ensure that Texas remains committed to the nutritional health of its children. The following Web sites will take you to the documents you will need to understand and implement the new policies:

- TX Public School Nutrition Policy Implementation Schedule 4-year Plan: 2006-2010 www.squaremeals.org/vgn/tda/files/2348/12127_SqMealsNutriPolicy.pdf
- TX Public School Nutrition Policy - SY 2007 - 08 Policy - Revisions effective 8-1-07. www.squaremeals.org/vgn/tda/files/2348/13436_TPSNP%20SY%2007-08.pdf
- TX Public School Nutrition Policy - SY 2008 - 09 Amendment - Effective 8-1-08. www.squaremeals.org/vgn/tda/files/2348/13436_TPSNP%20SY%2007-08.pdf



[TPSNP%20SY%2007-08.pdf](http://www.squaremeals.org/vgn/tda/files/2348/13440_TPSNP%20SY%2007-08.pdf)

- TX Public School Nutrition Policy - SY 2009 - 10 Amendment - Effective 8-1-09 www.squaremeals.org/vgn/tda/files/2348/13440_TPSNP%20SY%2009-10.pdf

If you need additional information call (888)TEX-KIDS or e-mail squaremeals@agr.state.tx.us.

HRSA Releases New Chart-Book on Rural Health

Maternal and Child Health Bureau, Health Resources and Services Administration (HRSA), U.S. Department of Health and Human Resources released *The Health and Well-Being of Children in Rural Areas: A Portrait of the Nation 2005*, based on the National Survey of Children's Health (NSCH). The report indicates that children in urban and rural areas are reported to be equally healthy, with about 84 percent in both groups reported in excellent or very good health. Children living outside urban areas are less likely to be breastfed and more likely to live in households with a smoker.

Go to the Data Resource Center for the National Survey of Children's Health home page at www.nschdata.org/Content/Default.aspx and click on icon #2 "Search the Data." You will find an easy-to-use interactive data query that allows users to search, view and compare NSCH results at state, regional and national levels, stratified by selected demographic characteristics including age,

School Health Announcements

race, household income, insurance type, and special health care needs status.

ABCs of Folic Acid Counseling, a New CE tutorial from the Spina Bifida Association, www.sbaa.org.

A new continuing education (CE) tutorial developed by the Spina Bifida Association with cooperation from the Centers for Disease Control and Prevention is available for nurses and health educators. CEUs, CNEs and CHES credits are offered based on 1 hour of instruction as well as a 10 question non-mandatory, confidential pretest.

Topics covered are:

1. Knowledge of the general importance of folic acid.
2. Knowledge of the folic acid recommendation.
3. Understanding the steps in folic acid counseling.
4. Participation in an interactive folic acid counseling session.
5. Identification of women at risk for recurrence of spina bifida or another neural tube defect.
6. Preparation of evaluation plans for folic acid counseling.

To take the course, go to <http://sba-resource.org/sbaacd>.

1918 Flu Epidemic Actions Taken Were Effective

New data from the University of Michigan Medical School, of how American cities responded to the killer Spanish flu of 1918 suggests that closing

schools, banning large gatherings, staggering work hours and quarantining households of the ill may have saved tens of thousands of lives. Which of the many non-pharmaceutical interventions was especially effective in reducing mortality is unknown, but all would theoretically be available should pandemic influenza again sweep the country. The new findings run counter to previous research that concluded that the public health measures instituted in 1918 may have delayed or dampened the epidemic in many cities but probably had little effect on the ultimate death toll.

The new data is one source presented for consideration as the Centers for Disease Control and Prevention draws up guidelines for what local health departments might do during the early stage of an influenza pandemic, when a vaccine would be unavailable and there would be too few antiviral drugs to go around. To read the entire article published by the Washington Post, go to www.washingtonpost.com/wp-dyn/content/article/2006/12/12/AR2006121201628.html?referrer=emailarticle.

New Data On The Cost Of Teen Pregnancy:

Despite a one-third decline in the teen birth rate since the early 1990s, teen childbearing in the United States cost taxpayers (federal, state, and local) at least \$9.1 billion in 2004, according to

a new analysis released by the National Campaign to Prevent Teen Pregnancy. The estimated cumulative public costs of teen childbearing between 1991 and 2004 totals \$161 billion.

This University of Delaware analysis, *By the Numbers: The Public Costs of Teen Childbearing*, is the first comprehensive national estimate of the public costs of teen childbearing in ten years and provides the first-ever state-by-state analysis of the costs of teen childbearing. Most of the public costs of teen childbearing are associated with negative consequences for the children of teen mothers and include health care costs, increased child welfare costs, costs of incarceration, and lost revenue due to lower taxes paid by the children of teen mothers over their own adult lifetimes. The one-third decline in the teen birth rate between 1991 and 2004 has also yielded substantial costs savings. "This report makes clear that teen pregnancy and child-bearing have significant economic and social costs."

For more information visit: www.teenpregnancy.org/costs.

School Health Index Training Manual Now Available

The Division of Adolescent and School Health is pleased to announce the release of the *School Health Index Training Manual*, available at www.cdc.gov/HealthyYouth/SHI/Training. The manual is a packaged set of materials for conducting trainings



School Health Announcements

or presentations on the *School Health Index: A Self-Assessment and Planning Guide (SHI)*. It provides detailed materials and resources on how to implement the SHI in schools. Users can select the most appropriate sections of the *SHI Training Manual* and customize those components to best suit their needs; including scripts, PowerPoint presentations with speaker notes, activities and handouts. This manual is intended to be used in conjunction with the School Health Index, which can be completed interactively, downloaded or printed from the Web site at www.cdc.gov/HealthyYouth/SHI.

Classroom Approaches to Addressing the Needs of Youth at Highest Risk for HIV

The Aligning Learning with Learners Guide: Classroom Approaches to Addressing the Needs of Youth at Highest Risk for HIV (ALL Guide) is a web-based diagnostic tool to assess the cultural appropriateness and inclusiveness of HIV prevention instruction, and assessment strategies. It was developed by the Rocky Mountain Center for Health Promotion & Education includes a compendium of strategies and resources, for teachers who are interested in enhancing the inclusiveness of their instruction. Go to the ALL Guide at: www.rmc.org/allguide.



Tar Wars Youth Smoking Prevention Project

The Texas Academy of Physicians is inviting all Texas elementary schools to sign up to be a Tar Wars educational partner. This project provides an opportunity to help combat youth smoking by engaging 4th and 5th grade students. This is a free service to schools.

Through in-class presentations to 4th and 5th graders and a subsequent poster contest, Tar Wars provides students with the tools to make positive health decisions and promote personal responsibility for their own well-being. Schools can register on line and when registered will be contacted by a Tar Wars representative. For more information and resources, go to: www.tafp.org/tarWars/.

Free Online Interactive Learning Tools for Students

Rice University's Center for Technology in Teaching and Learning has developed two, free online programs covering health topics that are easily adapted to classrooms and are correlated to the National Health Standards. Both have been used in classrooms and proven to be effective learning tools.

The Reconstructors, the first series, is an interactive, problem-based game in which students

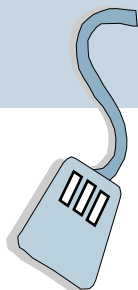
solve medicinal mysteries from the past as scientists, historians, geographers and detectives who travel to the future. In each of five episodes, students learn more about drugs and how to make informed choices to avoid drugs of abuse.

The site is accompanied by a list of links, research papers and a full set of teaching materials for each episode. This project was supported by the Science Education Drug Abuse Partnership Award, R25 DA 11785, from the National Institute on Drug Abuse, National Institutes of Health. Access this program at: <http://reconstructors.rice.edu>.

Medical Mysteries (MedMyst), the second series, is designed for middle and high school students and is a multimedia approach to learning about infectious diseases and the immune system. Other topics include pharmacology, chemistry and public health policy.

This project is supported by grants from the National Institute of Allergy and Infectious Diseases and the National Center for Research Resources, components of the National Institutes of Health. To use this learning tool go to: <http://medmyst.rice.edu>. ★





CDC Announces Arrival of Updated 5 A Day Website

The CDC 5 A Day team announces the arrival of the updated 5 A Day website containing information for the consumer as well as the health professional. There is a section



for state fruit and vegetable coordinator such as a tool in which consumers can determine

how many fruits and vegetables they need daily based on their age, sex and activity level. Consumers can then find examples of what a cup and a half cup of fruit and vegetables look like, as well as helpful tips for breakfast, lunch, dinner and snacks. There is a recipe database of over 600 healthy recipes. Health Professionals can find research, resources and tools. There is also information just for coordinators including the coordinator calendar, upcoming events, resources, and links to the Web Board. Access the Web site at www.5aday.gov.



Texas Department of Agriculture Announces New Web site: NETx.

The NETx (Nutrition Education of Texas) Squaremeals TDA website offers a variety of user-friendly educational tools focused around nutrition. NETx was developed with partial funding from the USDA Team Nutrition Training Program, the collaboration, dedication and expertise of staff from the Education Service Centers from Region I and Region XIII, the Texas Department of Agriculture Food and Nutrition Division, and many other volunteers and individuals in other locations who contributed greatly to the success of this project. The specific objectives



of the grant were to revise and update Texas's previous nutrition education manual, Education for Self-Responsibility IV (published by the Texas Education Agency), to align with the Texas Essential Knowledge and Skills (TEKS) and the latest nutrition information, and make the resulting lesson plans available to Texas teachers on the World Wide Web. In NETx, every lesson plan is designed and tailored to address one or more of the Texas Essential Knowledge and Skills requirements for the appropriate grade and subject. We invite you to help us spread the word about its availability. Visit NETx at <http://NETx.Squaremeals.org>.

Follow the 80th Legislative Session through the School Health Website

The School Health Program of DSHS has developed a user friendly Web page with legislative information you can use. Not only does it have all the current school site-related bills this session that have been filed, in committee or calendars, passed or failed...but also school related bills that have become law (Texas Code), their history and which state agency to contact for more information. We added definitions of phrases to help sort out some of the terms you may hear but are not familiar with their meaning. The Website is updated weekly and we welcome your suggestions via email at schoolhealth@dshs.state.tx.us. You can access this Web page at www.dshs.state.schoolhealth.state.tx.us.

DSHS Grant Finding Resource Web site

The Department of State health Services has a great Website full of links to sources for current grant opportunities. You will find state resources, federal, private foundations and a miscellaneous category. The state section has grants offered from the Texas Cancer Council, DSHS and HHSC and many, many other state-wide organizations. The Federal section links to all the CDC grants; which is just one link out of 11 others. We encourage you to visit this valuable site: www.dshs.state.tx.us/fic/fgrants.shtm. ★



“How To Be Healthy For A Lifetime”



2007 Poster Contest Winners



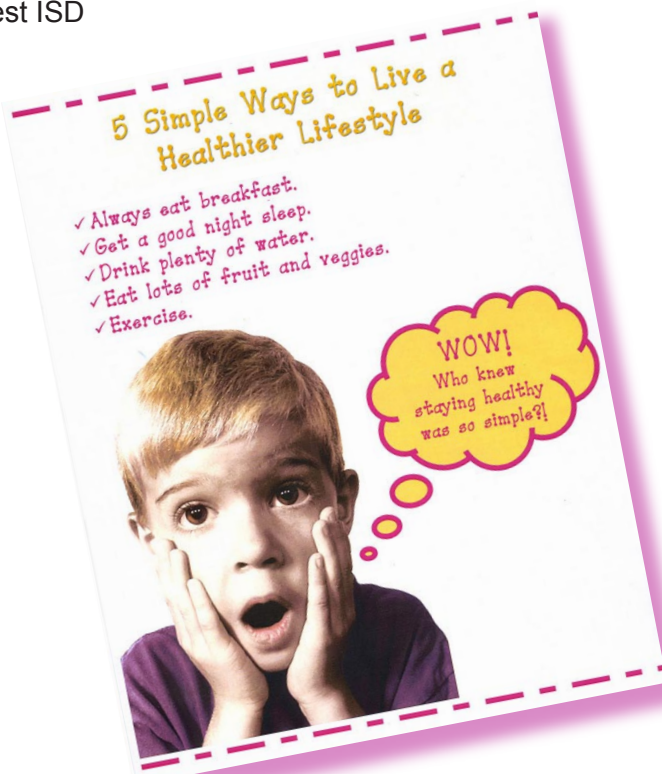
Middle School (6-8)

1st Place:

Laura Holy – 8th grade

West Middle School

West ISD



The Department of State Health Services, School Health Program is happy to announce the winners of the **How To Be Healthy For A Lifetime** poster contest held this school year for grades K-12. One poster each from grade level categories K-2, 3-5 and 6- 8 and 9-12 was chosen to represent all K-12th grade children of Texas as they study, learn and practice healthy lifestyle behaviors taught through the district’s coordinated school health program.

Students were asked to create posters expressing one of two themes:

1. Envision a Texas where all children are healthy, ready to learn, and prepared to make positive healthy choices for a lifetime.
2. What does a healthy family look like?

A total of 204 entries were received from 15 different public, private or charter schools and school districts from all over the state.

High School (9-12)

1st Place:

Summer Haines – 12th grade

West Brook High School

Beaumont ISD



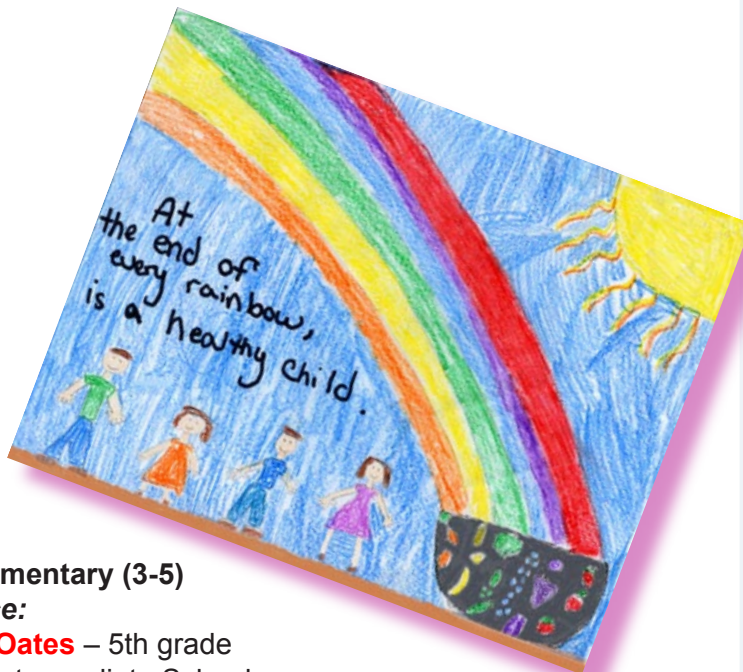
Lower Elementary (K-2)

1st Place:

Emily Goff – 2nd grade
Wilchester Elementary School
Spring Branch ISD

Our judges had a difficult decision, so much so, that several honorable mentions were also bestowed. Please join the School Health Program staff in congratulating all our winners and thanking all who entered as well as the teachers who did such a wonderful job of helping their students understand the importance of living a healthy lifestyle.

The winning selections will be posted on the Department of State Health Services, School Health Program Web site and receive additional honors. ★



Upper Elementary (3-5)

1st Place:

Natalie Oates – 5th grade
Palmer Intermediate School
Palmer ISD

★ ★ ★ Winners ★ ★ ★

Lower Elementary (K-2)

1st Place:

Emily Goff – 2nd grade
Wilchester Elementary School
Spring Branch ISD

Honorable Mention:

Thomas Neyland –
Kindergarten
Wilchester Elementary School
Spring Branch ISD

Upper Elementary (3-5)

1st Place:

Natalie Oates – 5th grade
Palmer Intermediate School
Palmer ISD

Honorable Mention:

Ali Hussain – 4th grade
Whittier Elementary School
Houston ISD

Honorable Mention:

Brian Miao – 4th grade
Wilchester Elementary School
Spring Branch ISD

Middle School (6-8)

1st Place:

Laura Holy – 8th grade
West Middle School
West ISD

High School (9-12)

1st Place:

Summer Haines – 12th grade
West Brook High School
Beaumont ISD

Honorable Mention:

Tonya Manuel – 12th grade
West Brook High School
Beaumont ISD

Janel Montes – 9th grade
West Brook High School
Beaumont ISD

School Nurse Day

May 9, 2007

The Wednesday within National Nurse Week has been established as National School Nurse Day. (National Nurse Week is always the second week in May).

Since 1972, School Nurse Day has been set aside to recognize school nurses. This national day of recognition was established to foster a better understanding of the role of school nurses in the educational setting.

Celebrate School Nurse Day . . .

- School nurses can be proactive in planning the celebration and promoting activities associated with this special day. Districts with a School Nurse Administrator can develop a campus and even community-wide plan;
- School faculty members and school children can join with the school nurse for the celebration;
- Community resource agencies can communicate with school nurses to develop improved communications; and
- Parents not only visit the school nurse but participate in and support activities.



Ways to promote School Nurse Day....

- Have your state issue a Proclamation. To view North Dakota's 2004 Proclamation by their Governor go to: www.governor.state.nd.us/proc/docs/2004/05/20040512.pdf
- Order and distribute the "Celebrating National School Nurse Day," brochure from NASN.
- Purchase NASN Book Store Gift Certificates. They make a great gift for your school nurse.
- The 100 Years of School Nursing Pin is available to order from NASN. Distribute at an honor ceremony or other event. ★

For more information about School Nurse Day and to view for use NASN's School Nurse Day press release, go to www.nasn.org/Default.aspx?tabid=70. To order any of the promotion items above, contact NASN at nasn@nasn.org or call 877-627-6476.





Idea Catcher Corner

Information and Updates from your Education Service Center

School Health Specialists

By Mike Hill, Texas School Health Network Project Coordinator,
School Health Program, Child Health & Safety Group, DSHS

Specialists Share Successful Trainings

Contact them for details and how to replicate them in your area.

For more information on the Texas School Health Network, contact Mike Hill, Texas School Health Network Project Coordinator, DSHS School Health Program, (512) 458-7111, ext. 3307 or mike.hill@dshs.state.tx.us

- **“Sweety Foods” DVD**

Region 2 (Corpus Christi): Adel Fuentes

A half hour program that uses fast-paced comedy to deliver the message of healthy nutrition and exercise to young people ages 8 to 12. The program addresses the influences of advertising on children’s diets and lifestyles using cartoon-like camera shots. Find out more about “Sweety Foods” by contacting Adel at afuentes@esc2.net or phone: (361) 561-8609

- **Medical Trauma and disease Process for School Nurses**

Cheryl Myers: Region 13 (Austin)

A seven hour presentation for school nurses was provided by the Children’s Hospital of Austin. The topics were specifically designed for school nurses and CEUs were offered. Contact Cheryl at cheryl.myers@esc13.txed.net or (512) 919-5462 for details on how you can work with your local health care facility to set up a similar program.

- **Leukemia and Lymphoma Society**

Clara Contreras (Edinburg): Region 1

A three hour training provided by the Leukemia and Lymphoma Society. Contact clara.contreras@esconett.org or (956) 984-6125 for more information.

- **Unlicensed Diabetic Care Assistant Training**

JoAnn Eudy (Amarillo): Region 16

joann.eduy@esc17.net or (806) 677-5001

- **Texas Tennis Association**

Kelly Cline (Houston): Region 4

kcline@esc4.net or (713) 744-6531

The School Health Specialist’s Idea Catcher Corner is a regular feature of the Texas School Health Bulletin. Comments or suggestions can be directed to: schoolhealth@dshs.state.tx.us or call (512) 458-7111, ext. 7279.

Please refer to this article by name when communicating. ★

School Health Bulletin,
Vol. 7, Issue 1; April 2007

Published by the
School Health Program,
Child Health & Safety Group,
Health Promotion Unit.
Texas Department of State
Health Services
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Austin, Texas 78756
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View this and
previous issues of the
Texas School Health Bulletin
by visiting our Web site:
[www.dshs.state.tx.us/
schoolhealth/fridaybeat.shtm](http://www.dshs.state.tx.us/schoolhealth/fridaybeat.shtm)

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Texas School Health Bulletin
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or call:
(512) 458-7111, Ext. 7279.
Please refer to specific feature,
by title when communicating.

The July 2005, 79th legislative
session passed into law the
following Electronic Statement:
As of Sept. 1, 2005, in addition
and if available in physical
format, this publication will be
accessible to all subscribers
on the School Health Program
Internet Web site at [www.dshs.
state.tx.us/ schoolhealth](http://www.dshs.state.tx.us/schoolhealth),
as codified in House Bill 423.
Paper copies of the Bulletin
are no longer available. You
will be notified via email when
each issue of the Bulletin is
published and posted to the
Web site, and provide you with
a link to the publication.

DSHS Publication #05-10958

2007 Health Observances and Recognition Days

The National Wellness Institute
publishes this helpful calendar on their
web site at www.nationalwellness.org
as a service to its membership and the
general public. Use this information to
create themes with your lesson plans,
bulletin boards, staff wellness activities
and all-school family/community events
as you plan for health-related events and
activities throughout the year.

To help support your plans, many of the
sponsoring organizations offer free or low
cost materials to complement their special
day or month. Visit their web sites for the
latest information.

The Health Observances and Recognition
Days calendar is a regular feature of the
Texas School Health Bulletin. If you have
found a creative way to use this resource
or, held a successful event or activity using
one of the observances as your theme and
would like to share it with our membership
through the Bulletin, please contact me at
ellen.kelsey@dshs.state.tx.us.

Information appearing in this newsletter
does not represent an endorsement by the
Department of State Health Services. For
information, contact the sponsoring orga-
nization directly.

April - August, 2007 Calendar

April

**National Youth Violence
Prevention Week**
[www.violence
preventionweek.org](http://www.violencepreventionweek.org)

**National Youth Sports
Safety Month**
National Youth Sports
Safety Foundation
www.nyssf.org

**Counseling
Awareness Month**
American Counseling
Association
www.counseling.org

May

**Buckle Up
America! Week**
May 20-26
National Traffic Safety
Administration
www.nhtsa.gov

School Nurse Day
May 9
National Association
of School Nurses
www.nasn.org

**National SAFE
KIDS Week**
May 6-12
National SAFE
KIDS Campaign
www.safekids.org

**National Physical Education
and Sports Week**
May 7-11
National Association for
Sports and Physical
Education (American
Alliance for Health,
Physical Education,
Recreation and Dance)
www.aahperd.org

Mental Health Month
National Mental Health
Association and National
Council for Community
Behavioral Healthcare
www.nmha.org

**Food Allergy
Awareness Week**
Food Allergy and
Anaphylaxis Network
www.foodallergy.org

**Asthma and Allergy
Awareness Month**
Allergy and Asthma
Network
www.aanma.org

Clean Air Month
American Lung
Association
www.lungusa.org

**National Physical
Fitness and Sports
Month**
President's Council
on Physical Fitness
and Sports
www.fitness.gov

June

National Safety Month
National Safety Council
www.nsc.org

August

**National Immunization
Awareness Month**
National Partnership
for Immunization
[www.partnersfor
immunization.org](http://www.partnersforimmunization.org)

